SACWN Inc.

SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

Oct./Nov. 2006 Vol. 50

Upcoming Events Through SACWN

Dance & Potluck

Bring your favorite dish to share
and dance to a mix of music.

We will be dancing to Country, Ballroom
and Freestyle music.

October 6, 2006
6:30 PM ~ 10:30 PM
Central United Methodist Church
Social Hall
5265 H Street
Sacramento CA

sacwn1@yahoo.com

THE SACWN MISSION

SACWN needs a new mission statement that is in syncrony with the 21st Century. Be one of the new leaders to help make that decision.

PO Box 19036
Sacramento, CA 95819-0036
SACWN1@yahoo.com
Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP COMMITTEE
Cindy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
(open)

TREASURER
Cindy

MARKETING/ SPECIAL PROJECTS
(open)

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.

In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@surewest.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We meet at 6:30 on the first Thursday of every month at the Lambda Center. Come join us and give us your ideas and input - October 5 and November 2.

Special Interest Groups (SIGS) And WEAVE - Safe Zone

Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for both singles and couples. Each month we get together for a meal at a local restaurant or at home pot lucks.

To find out more about their upcoming activities you can contact Kathleen Preston at: katmomma@winfirst.com

MORE SIGS THROUGH SACWN

Arts and Entertainment
(A&E)

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you are interested in participating in or coordinating an event, contact Dee at 443-2377.

SAFE ZONE
Violence doesn't discriminate and neither do we.

Safe Zone is a comprehensive program to reach out to lesbian, gay, bisexual and transgender (LGBT) survivors of violence to improve services to the LGBT community, and to increase awareness about LGBT violence. To design this program, we enlisted the help of LGBT community leaders and asked for ideas and feedback. As a result of efforts to improve LGBT services and outreach, WEAVE was given the **Building Bridges Award** at the 2006 Lambda Awards.
This program was born out of recognition of the fact that LGBT victims of violence are and **under-recognized and underserved** population. Additionally, a huge barrier for LGBT victims seeking services is the fear of being met by prejudice at a time when they are most vulnerable. This program aims to help **alleviate that shame** and fear and reassure LGBT people that **WEAVE is a safe place.**

Domestic Violence

Whether a couple is same-sex of opposite-sex, many dynamics of abuse are the same. An abusive relationship is fueled by the desire of the abuser to have control over the victim. The abuser uses different types of abuse, including:
physical, emotional, sexual and/or financial.

Abuse is a behavior choice on the part of the abuser and is not a victim's fault, even though the abuser will often blame the victim or try to make them feel crazy. No one deserves to be abused. Victims of any background often share similar feelings:
guilt, powerlessness, isolation, anger, shame, and/or fear.

Services

If you or a loved one, are a lesbian, gay, bisexual or transgender victim or domestic violence of sexual assault, WEAVE is a safe place to go to get help.

* 24-hour confidential crisis line

* counseling for LGBT victims

* legal services and emergency shelter

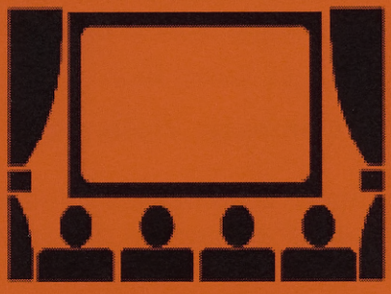
* Safe Zone section of website

* Safe Zone Info Line: 916-448-2321 X515

About 1 in 4 LGBT people have been abused by partners, the same rate as abuse in the heterosexual population. (CDC, 1998)

Happenings in the Community

Sacramento International Gay Lesbian Film Festival October 12-15



Here are a few samples of the upcoming films being offered at the SIGLFF.

Thursday, Oct. 12:
SUCH GREAT JOY
Director Michelle Kramer 2004 USA

Megan comes home to join her Jewish family for Shabbat dinner with an important announcement... she's a lesbian and she's engaged to her girlfriend, Christina. But her well-intentioned family has already planned a celebration for her... they think she's engaged to her best friend, Markus. As Megan puts off breaking the news to her family, things quickly spiral out of control. Who knew telling the truth could be so... complicated?

Friday, Oct. 13:
COSA BELLA
Director Fiona MacKenzie 2006 USA

Friends with benefits? Best friends and intimates? What defines a bisexual college relationship turned into a real life passion? Delphine, French, sexy, capricious and married, is in love with Belle, her best friend from college. Conducting a clandestine relationship for years, Belle ends it, but meets great resistance from Delphine who is used to "having it all." Sexy, passionate and heartfelt, the two lovers meet one last time for a loving rendezvous.

Saturday, Oct. 14:
WE THE PEOPLE
Director Lisa Borrelli 2005 USA

"We The People" could not have come along at a better time in American history. At a time when Spain and Canada have embraced the concept and legalized same sex marriages, the United States finds itself teetering on the edge of conflict.

In his State of the Union address on February 2, 2005, President George W. Bush expressed his concern about "passing along to our children the values that sustain a free society." He promised that "in order to bring up responsible and moral children" he would support a Federal Marriage Amendment to the United States Constitution that would "protect the institution of marriage."

"We The People" promotes understanding and compassion and attempts to bridge the chasm of intolerance that divides this great nation. It provides an opportunity to meet same sex couples and their families, with the hope that a greater understanding and acceptance will be born based upon reality not upon political rhetoric. "We The People" isn't a film about a minority group; it's a film about people you know!

Sunday, Oct. 15:
KINGS OF DRAG
Director Kathryn Moore 2006 USA

Tina Reynolds pulled friends and community members together in 2004 to put on a butch woman's fashion show that has transformed into a professional and diverse theatrical performance troupe called the Kings of Drag. In addition to putting on a great show, the cast and crew build friendships and use music to unite and entertain.

This year, SIGLFF is celebrating its Fifteenth Anniversary. The festival will be held at the Crest Theater this year from October 12-15.
http://www.siglff.org/index.html

An Offering by The Center for Spiritual Awareness

Friday Nights Lesbian Affiliation Group Meets at 7 PM

The focus of this safe and loving group is to explore living our authentic selves and is appropriate for all levels of "coming out." We invite those who've been identifying as lesbian for many years and those beginning to question their sexual identity as a lesbian. It is a spirit-centered group based on our desire to embody the absolute Spiritual Truth that we are whole, perfect, and complete and unlearn the whacked human misinformation (both internal and external) that results from homophobia.
The center is located at 1020 West Capitol Ave. in West Sacramento.

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"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you." — Dale Carnegie

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UCD SELECTED AMONG 100 BEST CAMPUSES FOR GAY STUDENTS

SACRAMENTO, Calif. - The University of California, Davis was recognized as one of the 100 Best Campuses for LGBT students and will be included in The Advocate College Guide for LGBT Students. UC Davis' positive environment, programs and services and LGBT student coalitions were cause for the distinction. For the whole story go to: http://www.outinsacramento.com/Home/news.asp?articleid=29752. [8/10/06]

Health Column

Advice From Dr. Priscilla Monroe, Naturopathic Physician

Do you know where your hormones come from once you hit menopause and your ovaries have gone on permanent vacation? Assuming you are not on Hormone replacremento therapy, that is... your adrenal gland. It's a walnut size gland that sits above your kidneys and has been responsible for about 25 different hormones up to now. That's why it can get an attitude with some of us....like, You mean I have another job to do?

As the ovaries slow their production of estrogen the adrenal gland begins to take up the job by producing an androgen that is converted to estrogen in the fat cells. That's one of the reasons that nature tries to fatten us up about that time, so there are more fat cells for the conversion....like we need any help,right?

That's why we start having hot flashes as the adrenal gland is straining to do it's additional job. The things that make it worse, or cause more hot flashes are alcohol, caffiene,sugar, and hot ,spicey foods. We can help this process by causing less stress for the adrenal glands and watching our carbohydrate intake . Another thing that can help is giving yourself exercise and rest , as in down time.

I'm happy to say that Dr. Monroe is a local physician. and has had her practice here in Sacramento for 13 years.
Sharon

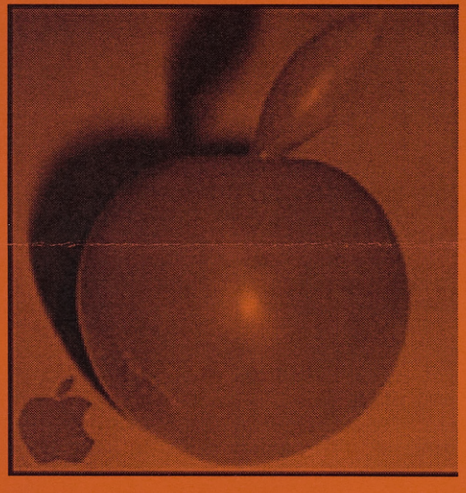
Strange and Wonderful Phenomenon!

MoFA
Museum of Food Anomalies

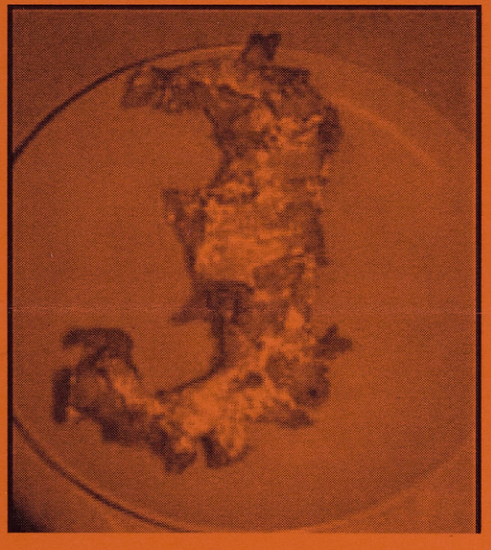
This site is the on-going exhibition of the **MoFA**'s (Museum of Food Anomalies) collection. They've chosen to display a cross-section of defining works from the archives to supply a proper introduction to the Art of Food Anomalies. This gallery is updated as new works arrive.

Of course, their curator is always looking for additional works. If you have something you would like to share with the museum please read our specifications for submission.

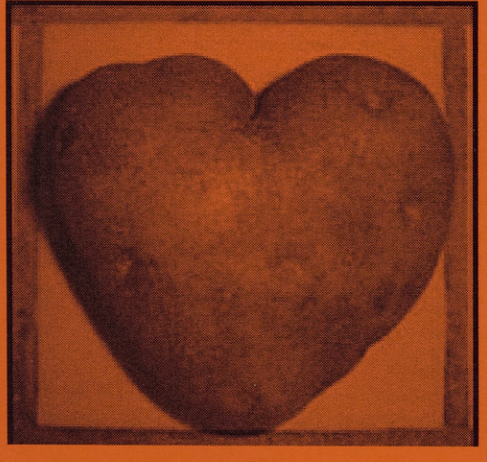
http://hanttula.com/exhibits/freakyfood/index.htm



An Apple tomato!



A funnel cake sea horse



A heart potato

Food For Thought

ATTITUDE

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head.

"Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.

"H-M-M," she said, "I think I'll part my hair down the middle today." So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

"Well," she said, "Today I'm going to wear my hair in a pony tail." So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

"YEAH!" she exclaimed, "I don't have to fix my hair today!"

Attitude is everything.

"Be kinder than necessary, for everyone you meet is fighting some kind of battle."

HOW TO STAY YOUNG

1. Try everything twice. On Madams tombstone (of Whelan's and Madam) she said she wanted this epitaph: Tried everything twice...loved it both times!

2. Keep only cheerful friends.
The grouches pull you down. (keep this in mind if you are one of those grouches;)

3. Keep learning: Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. "An idle mind is the devil's workshop."

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with HIM/HER.

6. The tears happen: Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. LIVE while you are alive.

7. Surround yourself with what you love: Whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it.
If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

11. Forgive now those who made you cry. You might not get a second time.

Happenings In the Community

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Paula Adams-Mitchell, MFT

Specializing in:

*Couple Therapy

*Internalized Homophobia

*Trauma Resolution

(916) 792-6155

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Want to know what else is happening in the area?

Check out these groups.

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - itsfnews@hotmail.com or PO Box 295, El Dorado, CA 95623.

River City Bowlers: Sacramento's only Gay and Lesbian Bowling League Contact person is Tom Lane - 916-635-1535.

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org

For local information e-mail Sharon: shtaylor@dfg.ca.gov

Check out Tina's Uptown Studios: She has all the latest activities going on in the area. You name it and she has it listed. Get her weekly E-mail blast right to your computer ready for you to read and enjoy.

http://www.uptownstudios.net

Jammin' Jo's E-mail list

Just E-mail Jo and she'll put you on her e-mail list which gives us information about the activities going on in our community.

jamminjoevents@comcast.net

Jammin' Jo Presents Amy Boyd and Julie Werthman

Friday, October 27th at 8 PM
Inside Club 21
$17 in advance or $25 at the door

Early on, Amy Boyd stumbled in to her passion for the quirky side of life, and that is how a career in comedy chose her. She has been called "bendable" and "elastic" and her high-energy physicality marks her unique style of entertaining. Proving she can multi-task, Boyd entered the world of law enforcement, and is currently a sworn police officer in northern California where she finds a literal meaning for the term "captive audience".

She has headlined from coast to coast at clubs, colleges and theaters. She is a regular performer for Olivia Cruises and Resorts and is a founding member of the popular sketch comedy group, "This Side of Butch".

Boyd has appeared in many comedy videos including film festival favorite, "A Religious Experience". A taste of her stand-up humor is available on the "Queens of Comedy with Lea DeLaria" available on VHS fromOuttakes.net

Taking on everything from cats to vacuum cleaners, this performer reflects on delightful and hilarious everyday observations. A favorite from coast to coast in both mainstream and gay clubs, audiences agree Amy Boyd is a good time in sensible shoes.

A portion of the proceeds of ALL events held @ Club 21 by Jammin' Jo benefit Sacramento Local Non-Profit Agencies such as:

Healing Hands, Healing Hearts
Susan G Komen Foundation, Sacramento
Sunburst Project - Adopt A Family for Christmas.

ONE - the GLBT Library in Los Angeles

ONE INSTITUTE/ INTERNATIONAL GAY AND LESBIAN ARCHIVES -WEST HOLLYWOOD & LOS ANGELES, CALIFORNIA

URL: http://www-lib.usc.edu/~retter/one.html

The Lesbian Legacy Collection library & archive is open for research and browsing. For reference assistance and information on lesbian holdings, please contact Yolanda at 310-206-6052 or yretter@chicano.ucla.edu For other information, please call 213-741-0094. We welcome volunteers and donations of materials related to lesbian history and culture. Please contact us for mailing address.

Our mission is to locate, gather, organize, preserve and make accessible materials in any medium, from any time, place and location, that are specific to or related to lesbian history. We have a special commitment to gather lesbians of color materials and images of lesbian history, and to place our holdings and to help other collections place their holdings on the Internet as a way of promoting accessibility.

HOLDINGS:

* **Books**: non-fiction and fiction, from the 19th century to the present.
***Periodicals**: Lesbian and feminist periodicals held by the Lesbian Legacy Collection (partial list).
* **Subject Files**: Information on people, places, events, groups, etc. Amount of information for each entry varies, from a brief mention in a paragraph to several files.
***Other Media**- Our collection includes photos, videos, posters, buttons, etc. Examples: Poster of Gay Women's Conference in L.A. (1971); Photos by Bee Ottinger of lesbian activists in Los Angeles in the 70's. The Sylvia Rhue collection of LGBT related tv shows and interviews.
* **Special Collections**: Example: The L.A. Woman's Building - 18 boxes of WB files and 2 boxes of original photographs. A list of the folders containing the photographs. We also have 4 drawers of posters and postcards produced at the WB. The Woman's Building has a web site.

SPECIAL PROJECTS:

* **ALA Guide to Lesbian Materials** - Supported by a grant from The American Library Association. Indexes lesbian materials in west coast collections.
* **The Southern California Lesbian Oral History Project** - You can participate by answering our questionnaire.
* **Lesbians of Color Web Site**
* **Lesbian Unions Project** - We collect artifacts and mementos related to the ceremony, such as invitations, photos, videos, journals, etc. If you would like to contribute to this project, contact us at: yretter@chicano.ucla.edu
* **Slide Show: "Lesbian History, 1970-1990."** Available for group and class presentations. Contact yretter@chicano.ucla.edu

Gracias to Linda McCann at USC, for technical assistance.

SACWN - Membership Application

Name: _____

Name: _____

Address: _____

City: _____State: _____ Zip: _____

Phone: _____ E-mail: _____

(Circle One): NEW RENEWING

CATEGORIES/RATES:

(Check One): __ Regular $24.00 __ Sustaining $48.00 __ Limited Income $12.00
Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

_____I/we would like to receive the newsletter electronically.

E-mail Address: _____ *(if different from above)*

Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

Signature: _____ Date: _____

Signature: _____ Date: _____

Please make checks payable to: **SACWN**
Mail to: **SACWN**
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Sacramento, CA 95819-0036

Want to contact us? SACWN has E-mail! You can send E-mail to:
SACWN1@yahoo.com
No computer? Go to your local library. They have computers you can use to send E-mail.

SACWN's Advertising Rate
Business ads are just $60 per year!

Don't miss out on the best deal in town!
E-mail us sacwn1@yahoo.com and let us advertise your business to our membership.

Couples, Families, Individuals
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Sacramento, CA 95833

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Business 80 area.
$475 with utilities included.
Must like pets.
Call Dee 927-3304

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Room with Private Bath
In Galt for Female(s)
Call for information:
209 933-6279
Leave message.

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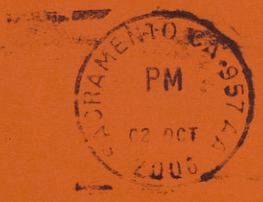

SACWN, Inc.
Sacramento Area Community Women's Network

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